

**What Is Claimed Is:**

1. A composition for lowering blood glucose, which contains a polyphenol extracted, isolated, and purified from green tea, and calcium.

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2. The composition of Claim 1, which contains 50.0-95.0% by weight of the green tea polyphenol powder and 3.0-30.0% by weight of the calcium.

3. The composition of Claim 1 or 2, wherein the calcium comprises at least  
10 one selected from the group consisting of calcium carbonates (eggshell calcium, oyster shell calcium, seaweed calcium, and pearl calcium), calcium phosphate, calcium chloride, calcium lactate, calcium citrate, calcium gluconate, whey calcium, milk calcium, calcium pentothenate, peptide calcium, and chitosan calcium.